

03 Aug 2019

Guest lecture- Health awareness and Nutrition

On 3rd Aug three expert's gynecologist from multispecialty hospital of Latur, gave valuable guidance to all the girls with a power point presentation.

After the inaugural program **Dr. Sarda maam** guided about menstrual cycle, its regularity, prevention measure should be taken for any gynec disease. **Dr. Jaju Maam** explains importance of proper diet, Exercise, and life style to maintain a good health. **Dr. Gore Maam** guided on social aspect, stress hormone, behavior and moral education. At the end of this program interaction session was conducted to discuss students with experts on their personal problems and issues.

